

Building Better Health:

***“A healthy community is a safe
community”***

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Purpose

- Update on HHSA efforts to advance health and safety of San Diego residents.
- Identify the areas of convergence with City of San Diego's Commission on Gang Prevention and Intervention
- Identify future strategic and collaborative opportunities

Health Strategy Agenda (H SA): “Building Better Health”

**On July 13, 2010 the Board of Supervisors approved the
Health Strategy Agenda, the County’s 10-year strategic plan.**

Four Major Themes:

- Building a Better System**
- Supporting Healthy Choices**
- Pursuing Policy Changes for a Healthy Environment**
 - Communities Putting Prevention to Work (CPPW)**
 - Resident Leadership Academy**
 - Healthy Communities Campaign**
 - School and Community Gardens**
- Improving the Culture from Within**

Gang Prevention & Health

What's the Connection?

Community residents experience or perceive gang or community violence



- Community residents feel unsafe and do not frequent parks or open spaces
- They do not allow their children to play outside



- Lack of physical activity due to perception of safety could lead to sedentary lifestyles
- Sedentary lifestyles could in turn lead to chronic diseases such as obesity or diabetes

Gang Prevention & Health

What's the Connection?

When community residents perceive that they are safe, they are more apt to form social connections in their communities and thereby engage in healthy lifestyle activities and choices.



Environmental Factors that Allow Gang Activity

- Perceived and actual crime rate
- Lack of safe parks and open space
- Drug and alcohol use
- No eyes on the street
- Poor Lighting
- Graffiti/tagging



Preventing Violence & Healthy Eating Active Living (HEAL) Initiative

- Reducing Violence Through Better Planning
and Prevention**
 - Parks**
 - Apartment complexes**
 - Trolley stations**

Safe Routes to Schools

- Walkability
 - Crosswalks
 - Sidewalks
 - Traffic calming efforts
 - Roundabouts
 - Medians





Mental Health Services Act (MHSA)

■ Issues in Need of Innovative Solutions

- Alternative role models for Children & Youth
- Truancy as it contributes delinquency and behavioral disorders
- Empowering Youth to develop skills away from gangs and violence
- Utilizing libraries are “safe zones” in trauma exposed regions
- Sexual exploitation and trafficking of children



Mental Health Services Act (MHSA)

- Prevention and Early Intervention (PEI)
 - Alliance for Community Empowerment (ACE)
 - Mobile outreach to children and families exposed to gang violence
 - Families As Partners (FAP)
 - Assessment and treatment for children and families involved in domestic violence



Next Steps: Safety Strategy Agenda